

SEPTEMBER 13, 2010

MONDAY	TIME	COACH	STUDIO	DURATION
Ride **	6:00 - 6:55	Andrew	A	55 MIN
Ride **	8:20 - 9:15	Andrew	A	55 MIN
Water Training	8:30 - 9:25	Erin	POOL	55 MIN
Ride & Tone ***	9:30 - 10:25	Bev	A	55 MIN
Kettle Interval	9:30 - 10:25	Kerin	B	55 MIN
BodyCombat™**	10:40-11:35	Kerin/Bev	B	55 MIN
Pilates Mat	10:40-11:50	Nancy	UPSTAIRS	70 MIN
Vinyasa Yoga **	10:40-11:55	Cathy	A	75 MIN
BodyPump™**	4:30 - 5:25 pm	Sarah T	B	55 MIN
Ride **	5:30 - 6:25 pm	Andrew	A	55 MIN
Vinyasa Yoga **	6:30 - 7:40 pm	Linda	B	70 MIN
TUESDAY				
Pilates Fusion**	6:00 - 6:55	Lisa	B	55 MIN
Ride **	8:30 - 9:15	Rhonda	A	45 MIN
BodyPump™**	8:30 - 9:25	Bev/Sarah M	B	55 MIN
Water Training	8:30 - 9:25	Erin	POOL	55 MIN
Core Conditioning	9:15 - 9:30	Rhonda	A	15 MIN
Power Yoga ***	9:40 - 10:50	Ramsay	A	70 MIN
Boot Camp	9:30 - 10:25	Brendan	IN/OUT	55 MIN
Step Jam	9:30 - 10:25	Marca	B	55 MIN
BodyCombat™**	10:40-11:35	Bev	B	55 MIN
Yoga Stretch & Soul	12:10- 1:05 pm	Beverly	B	55 MIN
Pilates Mat	4:30 - 5:25 pm	Michele F	A	55 MIN
Power Yoga ***	6:30 - 7:25 pm	Tara	B	55 MIN
WEDNESDAY				
Interval Training	6:00 - 6:55	Lisa	B	55 MIN
Hatha Yoga	8:15 - 9:25	John	B	70 MIN
Ride **	8:30 - 9:25	Lolly	A	55 MIN
Ride **	9:30 - 10:25	Andy S	A	55 MIN
BodyPump™**	9:30 - 10:25	Lolly	B	55 MIN
Core Conditioning	10:30-10:45	Lolly	B	15 MIN
Athletic Flow Yoga	10:40 - 11:50	John	A	70 MIN
WillPower & Grace	10:45 - 11:40	Grace	B	55 MIN
Pilates Mat	5:30 - 6:25 pm	Gillian	A	55 MIN
BodyPump™**	5:30 - 6:25 pm	Sarah T	B	55 MIN
Yoga Fusion	6:35 - 7:30 pm	Sarah M	B	55 MIN
THURSDAY				
Ride**	6:00 - 6:45	Rhonda	A	45 MIN
Core Conditioning	6:45 - 7:00	Rhonda	A	15 MIN
Vinyasa Yoga **	8:10-9:20	Cathy	A	70 MIN
Kettle Interval	8:30 - 9:25	Bev/Andrew	B	55 MIN
Water Training	8:30-9:25	Erin	POOL	55 MIN
Ride**	9:30-10:25	Michelle L	A	55 MIN
Dance Party	9:30-10:25	Bev	B	55 MIN
Core Conditioning	10:30-10:45	Bev	B	15 MIN
Pilates Mat	10:40 - 11:35	Gillian	A	55 MIN
Zumba	5:00-5:55 pm	Jennifer	B	55 MIN
Hatha Yoga	6:15-7:25 pm	Jennifer	B	70 MIN
FRIDAY				
BodyPump™**	6:00-6:55	Sarah M	B	55 MIN
Pilates Mat	8:30-9:25	Linda	A	55 MIN
BodyPump™**	8:30- 9:25	Jodi	B	55 MIN
Core Conditioning	9:25 - 9:40	Jodi	B	15 MIN
Double Step Challenge	9:40 - 10:35	Marca	B	55 MIN
Ride & Tone**	9:40-10:35	Leah	A	55 MIN
Boot Camp	9:30-10:25	Steve	IN/OUT	55 MIN
Vinyasa Yoga **	10:45 - 11:55	Tara	A	70 MIN
Pilates Mat	12:00 - 12:55pm	Nancy	A	55 MIN
Kettle Interval	12:10 - 1:05 pm	Bev	B	55 MIN
Ride Yoga**	5:30 - 6:25 pm	Sarah M	A	55 MIN
SATURDAY				
Water Training	7:45-8:30	Erin	POOL	55 MIN
BodyPump™**	8:30-9:25	Sarah M	B	55 MIN
Ride **	8:30-9:25	Michelle	A	55 MIN
Vinyasa Yoga **	9:40-10:55	Cathy/John	B	70 MIN
BodyPump™**	11:15-12:10 pm	Sarah T	B	55 MIN
SUNDAY				
Ride **	8:30-9:55	Andy	A	85 MIN
BodyCombat™**	9:00-9:55	Bev	B	55 MIN
BodyPump™**	10:00-10:55	Bev	B	55 MIN
Pilates Mat	10:15-11:10	Donna	A	55 MIN



Group Training

Class Schedule

* Class schedule may be modified periodically ** Requires pre sign up *** Heated Class



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BodyPump® is a 60 minute charged workout that challenges all your major muscle groups by using the best weight-room exercises to great music, lead by motivating instructors and your choice of weight, inspiring you to get the results you are looking for ---fast!.

BodyCombat® is the fiercely energetic program inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and role model instructors; strike, kick, punch and kata your way through calories to a superior cardio fitness.

Boot Camp: Challenge your body in this total body circuit workout combining, cardio, strength & endurance training.

Core Conditioning: Complete Abdominal Training to promote a strong core, posture & balance.

Dance Party: A fantastic freestyle total body workout alternating between cardio-dance tracks and strength training, with a strong focus on dance music. This will quickly become your favorite workout of the week!

Double Step Challenge: Challenging class combining two step platforms combined with strength training.

Interval Training: Combining upperbody and lowerbody strength work with cardio & plyometric drills to take your fitness to a new level.

Kettle Core: Totalbody workout emphasizing the core through fluid Kettlebell swings.

Kettle Interval: Kettlebell training with bursts of cardio drills, making this a fantastic work out for all levels.

Pilates: Based on the teaching of Joseph Pilates, a class designed to enhance core strength, muscle symmetry, alignment, grace, coordination and improve flexibility.

Pilates Fusion: Blends of Pilates with yoga make this the perfect stretching, strengthening and relaxation class.

Ride: A great high energy indoor cycling class. All levels welcome.

Ride & Tone: Ride class incorporating cardio weight training with Kettlebells.

Step Jam: High intensity low impact class utilizing the step platform

Water Training: Combines deep and shallow water running with resistance equipment.

WillPower & Grace™: This workout is the ideal cardiovascular solution for mind-body practitioners. It's equipment-free; barefoot, and infused with positive, strengthening philosophy.

Yoga:

Athletic Flowing Yoga: In this class, we will practice a style of hatha yoga that aims to awaken the spontaneous flow of energy by joining postures, breath, and movement in an unbroken flow. We will learn key postures that we put together into simple sequences that will increase flexibility, strength and endurance, develop a supple spine, and tone the nervous system. This "meditation in motion" is ideal for removing mental stress and clutter.

Hatha: A vigorous yoga class using alignment principles designed to keep your body safe and strong.

Power Yoga: A vigorous yoga class where poses flow from one another building on higher levels of heat allowing for greater flexibility.

Vinyasa Yoga: An invigorating class with postures that flow with a connection to breath.

Yoga Fusion: A wonderful blend of yoga, core & pilates; completed with a relaxing cool down and meditation.

Yoga Stretch & Soul: This gentle yoga class will incorporate smooth transitions into to stretching for increased range of motion and flexibility. Great class for beginners.

Zumba ®: Dance your way to fitness in this great Latin Danced Based Program

